

The Fundamentals of Worksite Wellness

Satellite Conference and Live Webcast

Wednesday, June 26, 2013, 10:00 a.m.-12:00 p.m. (Central Time)

11:00 a.m.-1:00 p.m. (Eastern) ■ 9:00-11:00 a.m. (Mountain) ■ 8:00-10:00 a.m. (Pacific)

Promoting opportunities for wellness at work can positively contribute to the physical, mental, and emotional well-being of employees. The workplace becomes more productive and constructive when employers provide employees with options to be healthy. Many worksite wellness initiatives already exist around blood pressure, cardiovascular disease, and weight management. Program faculty will provide general information on these and other worksite wellness initiatives and discuss how you can incorporate and implement them into your organization.

Program Objectives:

1. Explain the benefits of the QUITNOW program and its influence on a tobacco free work environment.
2. List initiatives of the American Heart Association / American Stroke Association emphasizing blood pressure control, employee health, and fitness in the work place.
3. Provide an overview of the vending machine initiative to promote healthy food choices in worksites.
4. Discuss the components of the "Do It Yourself" worksite wellness toolkit.
5. Describe the benefits of the chronic disease self-management program, Living Well Alabama, for employees in Black Belt counties.

Conference Details:

Target Audience: Nurses, social workers, all Alabama Department of Public Health employees

Continuing Education: Nurses 1.3 hours, social workers 1.25 hours

**Non-ADPH employees are charged a fee to receive CE Certificates. Additional information can be found at www.adph.org/alphtn*

Registration: www.adph.org/alphtn

Technical Information: To receive complete technical information you must register at www.adph.org/alphtn

Satellite - Live satellite conference on C band (analog).

Webcast - Watch with RealPlayer or Windows Media Player. Test your computer with the "test connection link" at www.adph.org/alphtn

Audio - To listen by phone, call 1-888-557-8511. Enter access code 972-1530 #. Press # again to listen to the conference.

On Demand - Available 2-3 business days after the live broadcast from the On Demand page of our website.

Conference Materials: Posted on our website approximately one week before the program for registered participants.

Conference Details Questions: Call: 334-206-5618 | Email: alphtn@adph.state.al.us

****The Alabama Department of Public Health is an approved provider of continuing nursing education by the Alabama State Nurses Association, an accredited approver of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation****

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